

# RIPON RUNNERS PRESENT

## RUNNING/WALKING WEEKEND IN THE LAKE DISTRICT

**SAT/SUN 11<sup>th</sup>/12<sup>th</sup> OCTOBER**

Following on from previous events we are planning to run / walk the Autumn in Lakeland event 20.8mile includes Cat Bells, Seatoller, Watendlath and Walla Crag and a optional 16.5 mile route(L.D.W.A) event on the Saturday starting at Crosthwaite Church Nr Keswick at 8.30 (GR 257 243)

L.D.W.A. events are very sociable events, please don't feel they are an all out race they are not! You run or walk as much as you like.

Please don't be put off if you don't consider yourself a fell/trail runner. Though mostly off road, it's not hills all the way and steeper sections will be walked. The scenery is spectacular and the terrain varies. The route does not take you onto the high mountains.

Snacks will be provided at check points but please bring along your own food as well to see you through the event. Tea and sandwiches will be provided at the finish.

As in previous years our event is designed to appeal to club members of all abilities and having a social get-together is as much a part of the weekend, individuals decide just how much running/walking they want to do. It's split over two days with Saturday night being spent at Borrowdale youth hostel. Evening meal and breakfast will be catered for at hostel AND A TRIP TO THE PUB.

See Martin for entry forms. Event cost £ 7.00

**REMEMBER THE WEATHER CAN CHANGE IN THE HILLS PLEASE BRING APPROPRIATE CLOTHING.**

On the Sunday depending how we are all feeling we can decide over breakfast where we would like to run or walk.

Those people wanting to stay over at the Hostel please could you let me know ASAP.

Any queries and further info. Martin Gabriel.....01765689863 / 07743496718